



- meeting needs of special populations
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October-December 2019

the NuVisions Updater

Healthy Eating As We Age

As Summer activity stops and we begin to return indoors we become more sedentary and not as active as we perhaps were over the warm months. Below is an article reprinted from the USDA “Choose my Plate for older adults” website. I hope you find these tips helpful as you think about remaining healthy or becoming healthy even as you age.

“As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Eating healthy has benefits that can help older adults:

Nutrients

- Obtain nutrients needed by the body such as potassium, calcium, vitamin D, vitamin B₁₂, minerals, and dietary fiber.
- Lose weight or maintain a healthy weight
- Reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. If you have a chronic disease, eating well can help to manage the disease.
- Meet individual calorie and nutrition needs.
- Help to maintain energy levels.

Special Nutrition Concerns for Older Adults

Our daily eating habits change as our bodies get older. Make small adjustments to help you enjoy the foods and beverages you eat and drink.

- Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.
- Add sliced fruits and vegetable to your meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge.



- Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat.
- Drink 3 cups of fat-free or low-fat milk throughout the day. If you cannot tolerate milk try small amounts of yogurt, butter milk, hard cheese or lactose-free foods. Drink water instead of sugary drinks.
- Consume foods fortified with vitamin B12, such as fortified cereals.

Be Active Your Way

Focus on maintaining a healthy body weight. Being physically active can help you stay strong and independent as you grow older. If you are overweight or obese, weight loss can improve your quality of life and reduce the risk of disease and disability.

- Adults at any age need at least 2 ½ hours or 150 minutes of moderate-intensity physical activity each week. Being active at least 3 days a week is a good goal.
- Find an activity that is appropriate for your fitness level. If you are not active, start by walking or riding a stationary bike. Strive for at least 10 minutes of exercise at a time and be as active as possible.
- Include activities that improve balance and reduce your risk of falling such as lifting small weights. Add strength building activities at least 2 times per week.
- Being active will make it easier to enjoy other activities such as shopping, playing a sport, or gardening.
- If you are not sure about your level of fitness, check with your doctor before starting an intense exercise program or vigorous physical activity.”

WHEN I'M AN OLD LADY

When I'm an old lady, I'll live with each kid,
And bring so much happiness, just as they did.
I want to pay back all the joy they've provided.
Returning each deed! Oh, they'll be so excited!
(When I'm an old lady and live with my kids)



I'll write on the walls with reds, whites and blues,
And I'll bounce on the furniture, wearing my shoes.
I'll drink from the carton and then leave it out.
I'll stuff all the toilets and oh, how they'll shout
(When I'm an old lady and live with my kids)

When they're on the phone and just out of reach,
I'll get into things like sugar and bleach.
Oh, they'll snap their fingers and then shake their head,
And when that is done, I'll hide under the bed!
(When I'm an old lady and live with my kids)

When they cook dinner and call me to eat,
I'll not eat my green beans or salad or meat,
I'll gag on my okra, spill milk on the table,
And when they get angry, I'll run, if I'm able!
(When I'm an old lady and live with my kids)

I'll sit close to the TV, through the channels I'll click.
I'll cross both my eyes just to see if they stick.
I'll take off my socks and throw one away,
And play in the mud till the end of the day!
(When I'm an old lady and live with my kids)



And later in bed, I'll lay back and sigh,
I'll thank God in prayer and then close my eyes,
My kids will look down with a smile slowing creeping,
And say with a groan, "She's so sweet when she's sleeping!"

Autumn Boggler Puzzle

How many words of 3 letters or more can you find using the letters below? Words are formed from adjoining letters. Letters must join in the proper sequence to spell a word and may join horizontally, vertically, or diagonally to the left or right or up-and-down. No letter square, however maybe used more than once in a single word. You may use plurals if available. Score:

1 point for each 3 letter word, 2 points for 4 letter words, 3 points for 5 letter words and so on. Score an extra 2 points for every autumn themed word you make.

L	L	C	R
E	A	O	N
F	P	A	K
P	L	E	R



My points _____

You're invited!

ANNUAL HOLIDAY DINNER

HOSTED BY THE BURNHAM LIONS CLUB

Wednesday, December 11, 2019

at 10:30 a.m.

Cost is \$3.00 a person

Our guest speaker will be:

Laurie J. Kozak, chief deputy sheriff –Mifflin County

On the topic of:

“REFUSING TO BECOME A VICTIM”

Musical Guests:

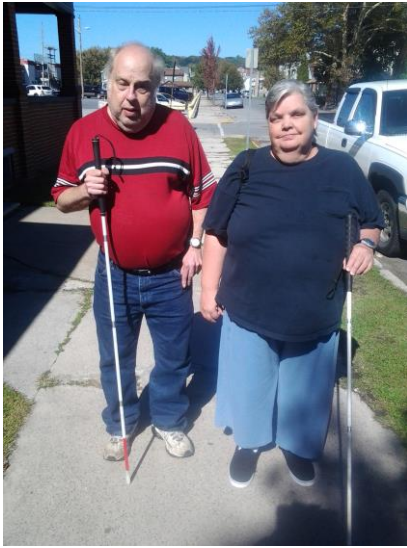
The Unusual Suspects –string band

**Please call the office if you would like to attend and/or
if you need transportation to this event.**

**Your guests are welcome to attend,
(they must provide your transportation.)**

717-248-1111

COME JOIN THE FUN!

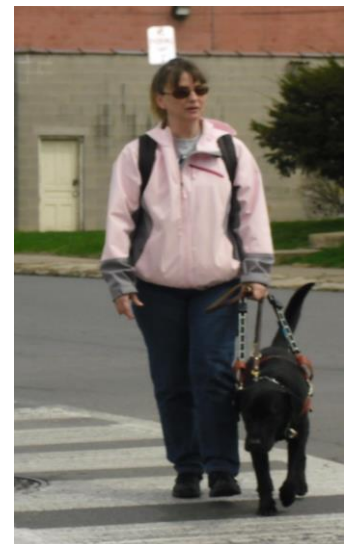


October is White Cane/Guide Dog Month!

October 15th is White cane, guide dog Safety day. During this day we try to raise public awareness of these important mobility tools for people who are blind or visually impaired. In PA and across the nation, the day celebrates the independence of people who are blind or visually impaired. **In 1964 Lyndon B. Johnson first proclaimed October 15th as “White Cane Safety Day.”**

Since this first observance, White Cane Safety Day has taken on greater meaning as a time to celebrate the self-sufficiency of people who are blind or visually impaired and their right to participate fully in society.

Pennsylvania’s White Cane Law states: “The driver of a vehicle shall yield the right-of-way to any totally or partially blind pedestrian carrying a clearly visible white cane or accompanied by a guide dog and shall take such precautions as may be necessary to avoid injuring or endangering the pedestrian and, if necessary, shall stop the vehicle in order to prevent injury or danger to the pedestrian.”



Life Skills meetings:

Next life skills group meetings are:

Nov. 21- Shelley Haupt –BBVS –Kitchen Gadgets

Diabetic Support groups also meet once a quarter.

October 10.-TBA





From Katy's Desk: **Interesting**

Ever wonder what it would be like if you got your sight back? Here is an excerpt from an NPR interview with Michael May on what it feels like to have sight restored after being blind for 46 years.

He was three and a half years old when a chemical explosion took away his eyesight. Forty-six years later, surgery restored some vision in his right eye. He is one of the few people in recorded history to have their sight restored after a long period of blindness. His case is recorded in the journal Nature Neuroscience.

His problem: The surface of his eye was burned but the inside was not. So once stem cell technology* evolved to a certain point, they were able to replace the surface of the eye with fresh tissue, let that grow in and once that was healthy, they could then put in a cornea transplant.

Processing was the issue. When the bandages first came off and they got the optics working, it became a matter of what the brain remembers and how much can it grow? He began learning the world one item at a time, building a library of visual information of visual clues. He said he would get faster at understanding things, but not necessarily get any better at discerning details. He knew what people, windows, and many of the things in the exam room looked like - tactilely. He had a mind's eye image of what these things were like; however the visual impression might be a little bit different.

Other senses work together with the vision to provide what we see with our eyes.

For example: His wife. He knew her by her voice, but when he saw her hair, which he had always been told was blonde; he saw that it was many different colors. He reached out and touched it and was trying to figure out, is that a shadow on your hair or is that really the color?

He loved skiing - another example of how blind people can push things to a high-level if you work hard enough. He learned to ski any mountain even when he wasn't familiar with it, because he had a guide. His first experience after sight he found that he wanted to shut out the visual information because when he was moving all the visual things were too distracting. He can use vision now to help himself out a little, but has to be careful.

Overall, he said that he's learned to benefit from where it helps him out and to fall back on all his blindness techniques in 90 percent of the rest of life. He doesn't want to demean vision, because it's great for looking at panoramas, for sitting on a sidewalk cafe and watching a whole assortment of people, of colors, of clothes and skin and body size and shape and everything. It's just fascinating to look at.

***Regarding stem cell procedures:**

There are many companies professing stem cell procedures with remarkable results for restoring vision. ***Most of these have not been approved by the FDA.***

Be extremely careful if you are considering such treatments. Make sure your doctor is only using approved methods and do your research on it.

You are your best advocate!

BIRTHDAYS!

October:

Judith Knepp	4
Bonnie Lu Cooper	6
Evelyn Jean Karstetter	8
Jody Strunk	10
Eliud Gonzalez	13
Thelma Wallace	29



November:

Evelyn Gonzalez	3
Joe Arborgast	8
Cathy Jo Brady	10
Pat Shawver	21

December:

Dorothy Wells	2
Nancy Higgins	3
Kari Young	7
John Wert	10
Betty Bishop	12
Ellen Starr	26

NUVISIONS CENTER-DATES TO REMEMBR:

October 15-White Cane day

October 23-25 – PAB Conference-Willa, Katye & Colette attending and will be out of the office.

November 3-Daylight savings time (FALL FORWARD)

Office closed on:

Thanksgiving: Thursday, November 28

Friday, November 29

Christmas: Tuesday, December 25

Wednesday , December 26

Happy holidays!!





Holiday Cranberry Salsa

Holiday Cranberry Salsa is a whole mix of wonderful things! Sweet, but a little spicy. Juicy and salty with a little crunch. And super festive!

Course Appetizer **Servings** 8 servings **Calories** 70 kcal

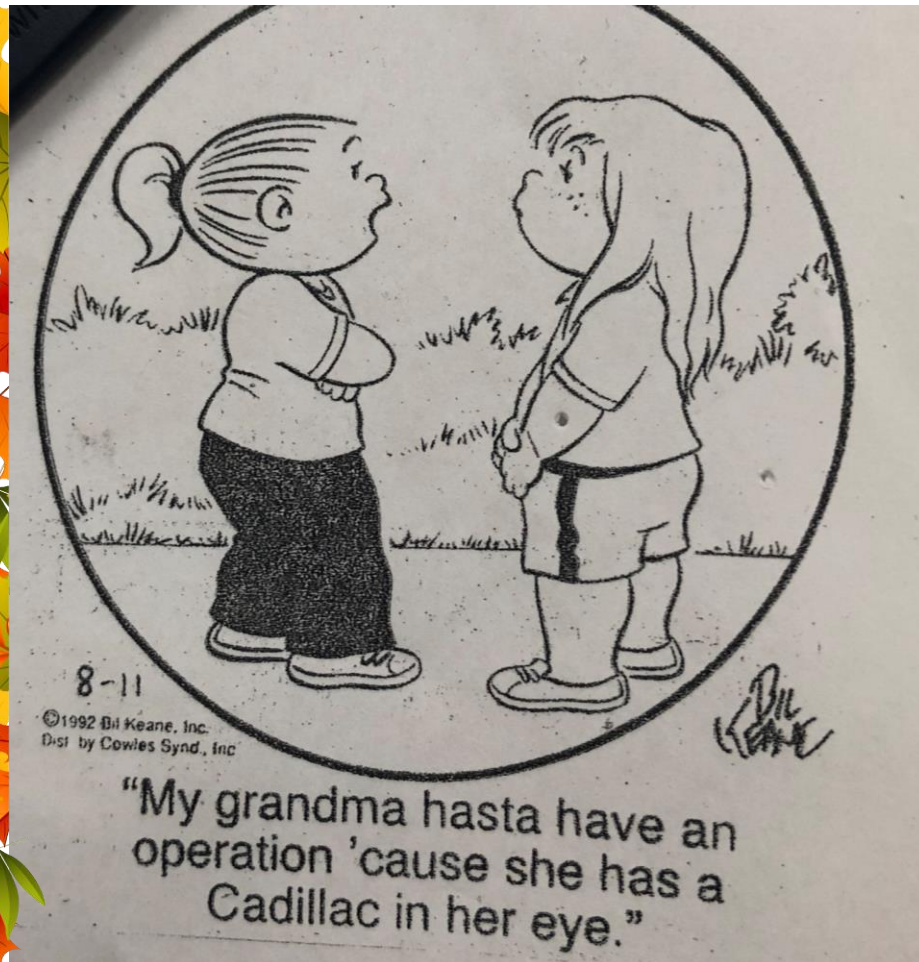
Ingredients

- 2 cups cranberries washed and stems picked out
- 1 bunch cilantro washed
- 2 cups pomegranate arils
- 2 cups diced fresh pineapple
- 1/2 cup diced yellow onion
- juice of 1 orange
- salt and pepper to taste
- 1 chopped jalapeño optional

Instructions

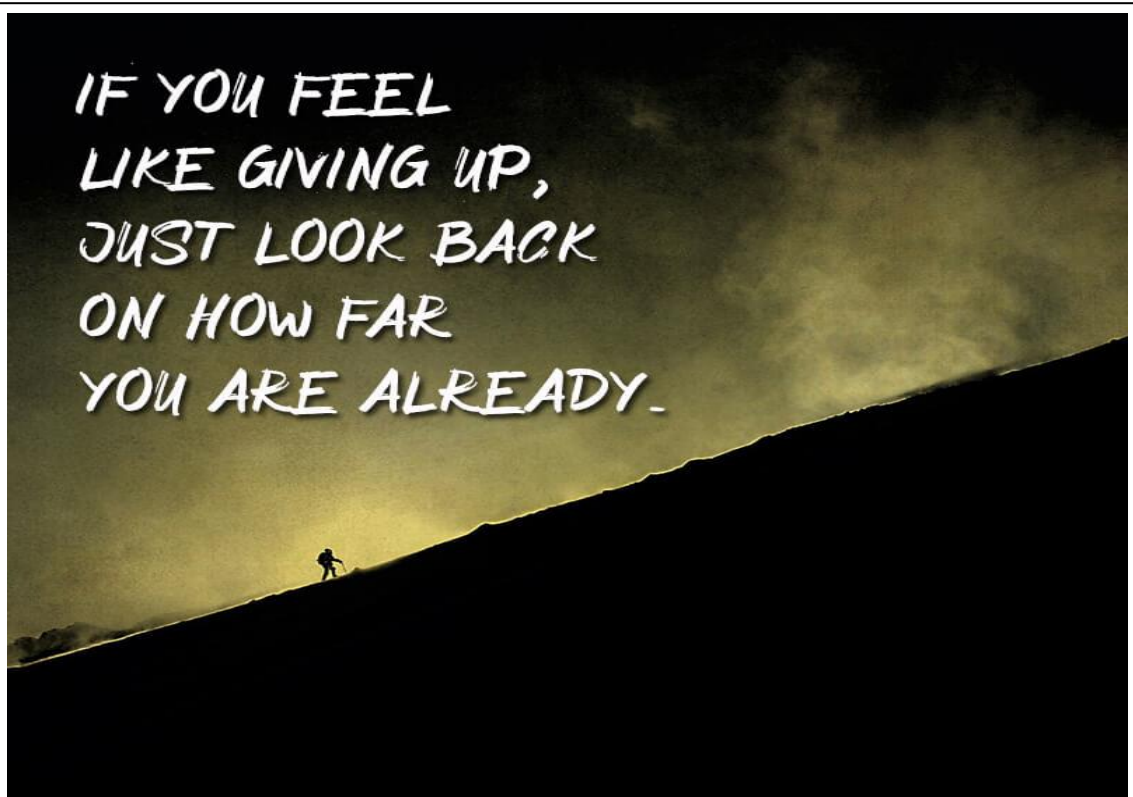
1. In the bowl of a food processor, measure out cranberries and tear up cilantro leaves, removing the stems. Pulse until chopped, or desired consistency is reached. Pour into a large bowl and stir with remaining ingredients. Stir and refrigerate until ready to serve. Spoon into large bowl and serve with tortilla chips.

CLIPPINGS FOR FUN AND ENCOURAGEMENT



8-11
©1992 Bill Keane, Inc.
Dist by Cowles Synd., Inc.
"My grandma hasta have an operation 'cause she has a Cadillac in her eye."

IF YOU FEEL
LIKE GIVING UP,
JUST LOOK BACK
ON HOW FAR
YOU ARE ALREADY.



Celebrating White cane/ Guide dog Safety Day over the years.

Lisa Palm of Lewistown demonstrates navigating with a white cane (right)

Colette and daughter Alicia Hartzler assist young children working their way through a maze with a white cane at Kid connection in Lewistown. (below)



